

Proud To Be Out!

LGBTQ+ Strategies and Resources



Welcome!



THE CARE PLAN


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A scenic landscape at sunset or sunrise. The sun is low on the horizon, casting a warm, golden glow over the scene. A dirt road curves through the landscape, flanked by tall, dry grass and a forested hill. The sky is filled with soft, orange and yellow clouds. The overall mood is peaceful and contemplative.

Aging is out of your
control. How you handle
it, though, is in your hands.

Diane Von Furstenberg

WHAT KEEPS YOU UP AT NIGHT?



CONCERNS FOR AGING LGBTQ PEOPLE

- Isolation and Loneliness
- Housing
- Finances
- Care Support
- Healthcare



WHAT IS AVAILABLE?

- Primary Care Physician
- Pharmacy
- Hospital
- Health Insurance
- Long Term Care Insurance
- Visiting Doctors
- Caregivers
- Informal/ Family Caregivers
- Meal Deliveries
- Housekeepers
- Home Health
- Palliative
- Hospice
- Supportive Living Facility
- ILF - Independent Living Facility
- ALF - Assisted Living Facility
- SNF - Skilled Nursing Facility
- LTAC - Long Term Acute Care Facility
- Eldercare Attorneys
- Care Navigators

WHAT IS IMPORTANT TO YOU?

- LOCATION
- HOSPITAL
- SERVICES
- LEVEL OF CARE
- LGBTQ FRIENDLY
- LOVED ONES
- CLIMATE
- COST OF LIVING
- RURAL/URBAN
- CULTURE

WHAT ARE MY STRATEGIES?

Area of Concern	Response
Isolation & Loneliness	Families of Choice Sexual Partner Networks Retirement Families
Housing	LGBTQ specific Housing Intergenerational Housing Village Model
Care Support	LGBTQ+ Centers SAGE Care - training Informal Networks Personal Assistants
Healthcare	LGBTQ Providers Businesses & Community Orgs



STRATEGIES FOR LGBTQ AGING WELLNESS

- STAY ACTIVE
- PLAN AHEAD
- BUILD TRUSTED MEDICAL TEAM
- INTEGRATE FAMILY OF CHOICE
- FOSTER INTERGENERATIONAL RELATIONSHIPS
- PLAN TOGETHER



HOW DO I FIND AN LGBTQ FRIENDLY PROVIDER?



- 1) Ask First
- 2) Research
- 3) Interview
- 4) Build The Relationship

1) ASK FIRST!

- Informal Network
 - Family of choice, friends, acquaintances
- Formal Network
 - Social service and healthcare providers, case managers
- Social Media
 - Facebook wall/groups, online support groups

2) RESEARCH

- Online databases
 - ▶ GLMA.org
 - ▶ Radremedy.org
- ▣ Don't forget to vet!
 - ▶ Healthgrades
 - ▶ Medicare.gov
 - ▶ Care.com



3) INTERVIEW

What would YOU ask your provider?

- Do they currently serve LGBTQ people?
- What has their training and commitment been to these communities?
- What policies and procedures do they have in place to protect against discrimination?
- How much time do they spend with patients?
- How are emergencies handled during off hours?

4) BUILDING THE RELATIONSHIP

- Be honest and upfront about expectations
- Stay in communication about what is going well and what is not
- Have someone with you whenever possible
- Follow up with appointments
- Follow up with recommendations

LGBTQ Affirming Healthcare Practices

- Comprehensive, person directed approach
- Affirming intake forms
- Gender neutral bathrooms
- Pictures of LGBTQ people in common areas and offices
- LGBTQ related literature in waiting rooms and offices



- Staff training on LGBTQ cultural competency and health issues
- Hire and promote LGBTQ people
- Comprehensive, person directed approach
- Develop relationships and collaborate with LGBT community organizations

HOW DO I INTEGRATE FAMILY OF CHOICE?



Families of choice can be:

- Friends
- Family of Origin
- Co-workers
- Community Members
- Service Providers

LGBTQ Affirming Resources

CALIFORNIA

Los Angeles LGBT Center, Senior Services

<https://lalgbtcenter.org/social-service-and-housing/senior>

Sage of the Desert - Palm Springs LGBT Senior Center

<http://www.thecenterps.org/>

The Center Long Beach Senior Services

<https://www.centerlb.org/seniorservices/>

Los Angeles Bi Task Force <http://www.labicenter.org/>

WEB BASED

www.radremedy.org

National LGBTQ Affirming Services Search Engine

www.sageusa.org

Services and Advocacy for GLBT Elders

www.wpath.org -

World Professional Association for Transgender Health

www.lgbtagingcenter.org

National Resource Center on LGBT Aging

Thanks!!



THE CARE PLAN

Any questions?

Contact The Care Plan at

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